

AQUATICS

General Information



Community Swim Complex • 3401 Monroe Street
602-4685

The Facility

The Swim Complex includes a 25-yard by 25-meter pool, two 1-meter diving boards, a 3-meter diving board, a shallow play area and access ramp, bleachers and plenty of deck space. The Aquatic Building includes tiled shower areas, changing and locker facilities and rest rooms. The entire Complex is designed for easy access to all. Lockers are available if you bring your own lock and remove it daily.

Periodic Emergency Action Plan drills will take place at any time of day and will last for no more than 15 minutes. These drills are designed to enhance and test lifeguards skills, thus increasing the safety of all our guests. When you hear a prolonged blast of an air-horn or whistle, please exit the pool as directed by staff. Your cooperation is necessary and appreciated.

Per Admission Fees (*Proof of residency required.*)

Youth/Teen 17 & under	\$2
Adult Resident: Proof of residency required.	\$3
Adult Non-Resident	\$4

Discount Passes

Four month and one month passes are available. See the flyer at the Swim Complex for details.

Recreation Swim

During recreation swim times: The shallow and deep end play areas and the diving boards are open and bag check service is available at no cost. Children under 8 must be accompanied by an adult in the water. Two children under 8 are admitted free with a paying adult. To enter deep water you must demonstrate your swimming ability to the lifeguard. The diving boards and climbing wall are open from 1:30-4 and 6-7:30 p.m. weekdays and 12-4 p.m. weekends.

Adult Lap Swim ♥

Adult lap swim is open to people age 16 and older who wish to swim for fitness. Please swim in the appropriate speed lane and circle swim if there are more than two swimmers in the lane. Pool diagrams showing the lanes available for each time period are in the front lobby. A pace clock, kickboards and pull-buoys are available on deck.

SUMMER SCHEDULE *

June 16 to August 24, 2008

MONDAY through FRIDAY

6-7:15 am	ADULT Lap Swim
12-1:30 pm	ADULT Lap Swim
1:30-4 pm	Recreation and Lap Swim
5:45-7:30 pm	Recreation and Lap Swim

WEEKENDS

10:15 am-12 noon	ADULT Lap Swim
12 noon-4 pm	Recreation and Lap Swim

***NOTE: Additional adult lap swim times may be available, please check with staff. Schedule is subject to change due to special programs or events; please call 602-4685.**

SUBSCRIBE! Receive schedule updates via email! Log on to www.ci.carlsbad.ca.us/recreation/swim and click on "Facility Schedule."

Special Event

The Swim Complex will be hosting the summer **2008 American Red Cross Lifeguard Games** on Saturday, August 2nd, 2008. Look for more information at the Swim Complex and the Aquatics page on the City of Carlsbad website and at <http://sdarc.org>

Instructional Classes

American Red Cross standards are taught by Water Safety Instructors. Please request a Swim Lessons Information Sheet for additional facts. **TO ASSIST YOU IN PLACING YOUR CHILD INTO THE RIGHT LEVEL** come to our free skill level testing at the Swim Complex during the following dates/times: April 9-June 10; 12:30-1:15 p.m. and 5:30-6:30 p.m., Monday through Friday and 12:30-3:30 p.m. weekends. After June 16th, come during any recreation swim time.

Classes are held Monday through Friday in Sessions SA through SE and Saturday in sessions SF and SG.

Monday through Friday Sessions:

SA	June 16 - June 27
SB	June 30 - July 11 (no classes on Friday, July 4th)
SC	July 14 - July 25
SD	July 28 - August 8
SE	August 11 - August 22

Saturday Sessions:

SF	June 21 - July 19
SG	July 26 - August 23

REGISTRATION PROCEDURES FOR AQUATIC PROGRAMS SESSIONS SD, SE and SG:

- **Resident On-Line Registration** at www.CarlsbadConnect.org for Carlsbad residents begins on Monday, July 7th, and continues until classes are full.
- **Open On-Line, Phone-In (602-4685) and Walk-In Registration** for sessions SD, SE, and SG begins Monday, July 14th at 9:30 a.m. and continues during Swim Complex office hours. Be prepared to show proof of residency:
Monday through Friday: 6 a.m. to 7 p.m.
Weekends: 12 noon to 3:30 p.m.

Volunteers Needed

Earn free swimming! If you are a young person looking to build references for that first job application, or an adult willing to share some of your people skills and have a least Level 4 swim skills, we can use your help as an instructor aide. If you are interested please see the staff to fill out an information form. Thanks!

Masters Swim Program

Please see the informational flyer in the Swim Complex lobby. Schedule: Monday-Friday: 6-7:15 a.m. and 12 noon-1:15 p.m., Saturdays: 8-9:15 a.m.

FEE: \$4 Resident / \$6 Non-Resident

Earn Free Swimming!

Whether you are a youth looking to build references for that first job application, a senior citizen wanting to give some of your time, or anyone in between with at least Level 4 swim skills, we can use your help as an instructor's aide. If you are interested, please see the staff to fill out an information form. Thanks!

Aquatics Resources

These groups conduct their programs at the Swim Complex:

- Dive San Diego: (760) 201-9242, <http://dive-san-diego.org/>
- North Coast Aquatics Swim Club: (760) 720-1494, <http://www.ncaq.org>
- Carlsbad Boys Water Polo: (858) 831-1845, www.cbab.us
- Carlsbad Girls Water Polo (Ages 10-18): (513) 260-4480, <http://www.cbapolo.org/>

Aquatics Programs

Guard Start

This program gives youth ages 11 through 15 a jump start to Red Cross Lifeguarding. It builds a foundation of knowledge, attitudes and skills consisting of five categories: Prevention, Fitness, Response, Leadership and Professionalism. **Prerequisite:** Completion of 5th grade and demonstration of the following skills: Continuously swim 25 meters of front crawlstroke. Tread water for 1 minute using arms and legs. Submerge and swim 10 feet underwater.

Swim Complex: Lanes 5-6

Age: 11Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37256	1:30-4:30pm	M-F	Jul 14-25	10c	\$75/\$85

Springboard Diving: Beginning

LOCAL TALENT! This course will be taught by an extremely gifted springboard diver whom will be continuing a college diving career this fall. But until then, Carlsbad Aquatics is fortunate to have her on staff as a lifeguard and swim instructor. Participant Skills Minimum: Swimming Level Four (no age minimum). Will learn the basics of diving, including the front approach; hurdle and take off from the board; backward takeoff from the board; front and back jumps in the tuck, pike and straight position; and a front and back dive. Intermediate to advanced instruction and competition is offered at the Swim Complex through Dive San Diego. Please call (760) 201-9242 or visit <http://dive-san-diego.org> for specific schedules and prices.

Swim Complex: Lanes 1-3

All Ages

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37262	11:20-11:50am	M-F	Jun 16-27	10c	\$47/\$67
37263	11:20-11:50am	M-F	Jun 30-Jul 11	9c	\$47/\$67
37264	11:20-11:50am	M-F	Jul 14-25	10c	\$47/\$67
37265	11:20-11:50am	M-F	Jul 28-Aug 8	10c	\$47/\$67

Learn to Swim

Adult/Teen Swim Instruction

No minimum skills. Individualized instruction for all levels of ability taught in a group setting.

Swim Complex: Lanes 7 & 8

Age: 16Y - 99Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37257	5:10-5:40pm	M-F	Jun 16-27	10c	\$47/\$67
37258	5:10-5:40pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
37259	5:10-5:40pm	M-F	Jul 14-25	10c	\$47/\$67
37260	5:10-5:40pm	M-F	Jul 28-Aug 8	10c	\$47/\$67

Level 1: Water Exploration

Skills taught/completion requirements include: Enter and exit water safely using ladder, steps or side; blow bubbles through mouth and nose; open eyes underwater; pick up a submerged object held at arms length; recover from 5 second front float and back float to standing position; change direction of travel while walking or paddling; roll over from front to back and back to front. Swim on front: alternating and simultaneous arm and leg actions at least 5 ft.; combined stroke on front (any arm and leg action) at least 5 ft. Swim on back: alternating and simultaneous arm action at least 5 ft.; alternating and simultaneous leg action at least 5 ft. Combined stroke on back (any arm and leg action) at least 5 ft. Water safety rules; how to use a life jacket; wearing a life jacket in the water; how to recognize a swimmer in distress; how to get help; Exit Skill 1; Exit Skill 2.

Swim Complex: Lane 11

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
36803	10:10-10:40am	M-F	Jun 16-27	10c	\$47/\$67
36805	10:10-10:40am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36807	4:35-5:05pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
36808	10:10-10:40am	M-F	Jul 14-25	10c	\$47/\$67
36809	4:35-5:05pm	M-F	Jul 14-25	10c	\$47/\$67
36810	10:10-10:40am	M-F	Jul 28-Aug 8	10c	\$47/\$67
37282	10:10-10:40am	M-F	Aug 11-22	10c	\$47/\$67

Level 2: Primary Skills

Skills taught/minimum completion requirements include: Enter water by stepping or jumping from the side; exit water safely using ladder or side, at least 5 bobs; open eyes underwater; pick up a submerged object 3x; maintain front float position (face in water) at least 5 seconds unsupported; recover from front float to standing position; front glide at least 2 body lengths; jellyfish float at least 5 seconds; maintain back float position at least 5 seconds unsupported; recover from back float to standing position; back glide at least 2 body lengths; change direction of travel paddling on front or back; roll over from front to back and back to front; treading using arm and leg motions. Swim on front: combined arm and leg actions on front at least 15 ft. Swim on back: finning arm action at least 15 ft.; sculling arm action; combined arm and leg actions on back at least 15 ft. Swim on side: Alternating leg action; simultaneous leg action at least 5 ft. Water safety rules; how to move in the water while wearing a life jacket.

Swim Complex: Lane 10**Age: 5Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
36811	9:35-10:05am	M-F	Jun 16-27	10c	\$47/\$67
36812	10:45-11:15am	M-F	Jun 16-27	10c	\$47/\$67
36813	11:20-11:50am	M-F	Jun 16-27	10c	\$47/\$67
36814	4:35-5:05pm	M-F	Jun 16-27	10c	\$47/\$67
36815	5:10-5:40pm	M-F	Jun 16-27	10c	\$47/\$67
36816	9:35-10:05am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36817	10:45-11:15am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36818	4:00-4:30pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
36819	4:35-5:05pm	M-F	Aug 11-22	10c	\$47/\$67
36820	9:35-10:05am	M-F	Jul 14-25	10c	\$47/\$67
36821	10:45-11:15am	M-F	Jul 14-25	10c	\$47/\$67
36822	4:00-4:30pm	M-F	Jul 14-25	10c	\$47/\$67
36823	5:10-5:40pm	M-F	Jul 14-25	10c	\$47/\$67
36824	9:35-10:05am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36825	10:45-11:15am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36826	4:00-4:30pm	M-F	Jul 28-Aug 8	10c	\$47/\$67
36827	9:35-10:05am	M-F	Aug 11-22	10c	\$47/\$67
36828	10:45-11:15am	M-F	Aug 11-22	10c	\$47/\$67
37279	11:20-11:50am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36829	5:10-5:40pm	M-F	Aug 11-22	10c	\$47/\$67
36830	10:50-11:20am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36831	10:50-11:20am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36832	11:20-11:50am	M-F	Jul 14-25	10c	\$47/\$67

Level 3: Stroke Readiness

Skills taught/minimum completion requirements include: Jump into deep water from the side; head-first entry from sitting or kneeling position in 9 ft. deep water; bobs with the head fully submerged; rotary breathing at least 5x; front glide kick one and kick two; survival float 30 seconds; back glide kick one and kick two; back float at least 30 seconds in deep water; change from vertical to horizontal position on front and back; tread water at least 30 seconds. Swim on front: front crawl 25 meters, butterfly kick and body motion 15 meters. Back crawl 25 meters. General water safety rules; rules for safe diving; enter the water wearing a life jacket; HELP and huddle positions 1 minute; reaching assist; discuss Check-Call-Care; Exit Skill 1.

Swim Complex: Lanes 9 & 10**Age: 5Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
36833	9:35-10:05am	M-F	Jun 16-27	10c	\$47/\$67
36834	9:35-10:05am	M-F	Jun 16-27	10c	\$47/\$67
36835	10:10-10:40am	M-F	Jun 16-27	10c	\$47/\$67
36836	10:45-11:15am	M-F	Jun 16-27	10c	\$47/\$67
36837	11:20-11:50am	M-F	Jun 16-27	10c	\$47/\$67
36838	4:00-4:30pm	M-F	Jun 16-27	10c	\$47/\$67
36849	5:10-5:40pm	M-F	Jun 16-27	10c	\$47/\$67
36839	5:10-5:40pm	M-F	Jun 16-27	10c	\$47/\$67
36840	9:35-10:05am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36841	10:10-10:40am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36842	10:45-11:15am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36843	11:20-11:50am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36844	4:00-4:30pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
36845	4:35-5:05pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
36846	9:35-10:05am	M-F	Jul 14-25	10c	\$47/\$67
36847	10:10-10:40am	M-F	Jul 14-25	10c	\$47/\$67
36848	10:45-11:15am	M-F	Jul 14-25	10c	\$47/\$67
36850	4:00-4:30pm	M-F	Jul 14-25	10c	\$47/\$67
36851	4:35-5:05pm	M-F	Jul 14-25	10c	\$47/\$67
36852	9:35-10:05am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36853	10:10-10:40am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36854	10:45-11:15am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36855	10:45-11:15am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36856	4:00-4:30pm	M-F	Jul 28-Aug 8	10c	\$47/\$67
36857	4:35-5:05pm	M-F	Jul 28-Aug 8	10c	\$47/\$67
36858	9:35-10:05am	M-F	Aug 11-22	10c	\$47/\$67
36859	11:20-11:50am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36860	10:45-11:15am	M-F	Aug 11-22	10c	\$47/\$67
36861	11:20-11:50am	M-F	Aug 11-22	10c	\$47/\$67
36862	4:00-4:30pm	M-F	Aug 11-22	10c	\$47/\$67
36863	4:35-5:05pm	M-F	Aug 11-22	10c	\$47/\$67
36864	10:15-10:45am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36865	10:15-10:45am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36866	11:25-11:55am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
37268	11:25-11:55am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰

Level 4: Stroke Development

Skills taught/minimum completion requirements include: Dive from side in compact or stride position; feet first surface dive; survival float at least one minute; back float at least one minute; open turn on front and back; front crawl at least 50 meters; breaststroke at least 50 meters; butterfly at least 50 meters; back crawl at least 50 meters; elementary backstroke at least 50 meters; treading water for at least one minute; swim on side with scissor kick at least 50 meters; compact jump from a height while wearing a life jacket; throwing assist; care for conscious choking victim; Exit Skill 1 and 2.

Swim Complex: Lanes 7 & 8

Age: 6Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37201	10:10-10:40am	M-F	Jun 16-27	10c	\$47/\$67
37202	10:10-10:40am	M-F	Jun 16-27	10c	\$47/\$67
37203	10:45-11:15am	M-F	Jun 16-27	10c	\$47/\$67
37204	11:20-11:50am	M-F	Jun 16-27	10c	\$47/\$67
37205	4:00-4:30pm	M-F	Jun 16-27	10c	\$47/\$67
37206	9:35-10:05am	M-F	Jun 30-Jul 11	9c	\$47/\$67
37207	10:10-10:40am	M-F	Jun 30-Jul 11	9c	\$47/\$67
37208	10:45-11:15am	M-F	Jun 30-Jul 11	9c	\$47/\$67
37209	11:20-11:50am	M-F	Jun 30-Jul 11	9c	\$47/\$67
37210	4:00-4:30pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
37211	4:35-5:05pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
37212	9:35-10:05am	M-F	Jul 14-25	10c	\$47/\$67
37213	10:10-10:40am	M-F	Jul 14-25	10c	\$47/\$67
37214	10:45-11:15am	M-F	Jul 14-25	10c	\$47/\$67
37215	11:20-11:50am	M-F	Jul 14-25	10c	\$47/\$67
37216	4:00-4:30pm	M-F	Jul 14-25	10c	\$47/\$67
37217	4:35-5:05pm	M-F	Jul 14-25	10c	\$47/\$67
37218	9:35-10:05am	M-F	Jul 28-Aug 8	10c	\$47/\$67
37219	10:10-10:40am	M-F	Jul 28-Aug 8	10c	\$47/\$67
37220	10:45-11:15am	M-F	Jul 28-Aug 8	10c	\$47/\$67
37280	11:20-11:50am	M-F	Jul 28-Aug 8	10c	\$47/\$67
37221	4:00-4:30pm	M-F	Jul 28-Aug 8	10c	\$47/\$67
37222	4:35-5:05pm	M-F	Jul 28-Aug 8	10c	\$47/\$67
37223	10:10-10:40am	M-F	Aug 11-22	10c	\$47/\$67
37224	10:45-11:15am	M-F	Aug 11-22	10c	\$47/\$67
37281	9:35-10:05am	M-F	Aug 11-22	10c	\$47/\$67
37225	4:00-4:30pm	M-F	Aug 11-22	10c	\$47/\$67
37226	4:35-5:05pm	M-F	Aug 11-22	10c	\$47/\$67
37227	10:50-11:20am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
37228	10:50-11:20am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰
37229	5:10-5:40pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
37266	11:25-11:55am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
37267	11:25-11:55am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰

Level 5: Stroke Refinement

Completion of level 4 skills required. Shallow dive from side; swim underwater at least 15 yards; tuck and pike surface dives; survival float at least 2 minutes; back float at least 2 minutes; flip turns on back and front; tread water for at least 2 minutes; front crawl at least 100 meters; butterfly at least 50 meters; breaststroke at least at least 50 meters; back crawl at least 100 meters; elementary backstroke at least 50 meters; sidestroke at least 50 meters; survival swimming at least 2 minutes; rescue breathing; Exit Skills 1 and 2.

Swim Complex: Lanes 5-6

Age: 6Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37230	10:45-11:15am	M-F	Jun 16-27	10c	\$47/\$67
37231	4:35-5:05pm	M-F	Jun 16-27	10c	\$47/\$67
37232	9:35-10:05am	M-F	Jun 30-Jul 11	9c	\$47/\$67
37233	10:10-10:40am	M-F	Jun 30-Jul 11	9c	\$47/\$67
37234	10:45-11:15am	M-F	Jun 30-Jul 11	9c	\$47/\$67
37235	5:10-5:40pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
37236	9:35-10:05am	M-F	Jul 14-25	10c	\$47/\$67
37237	10:10-10:40am	M-F	Jul 14-25	10c	\$47/\$67
37238	10:45-11:15am	M-F	Jul 14-25	10c	\$47/\$67
37239	4:00-4:30pm	M-F	Jul 14-25	10c	\$47/\$67
37240	9:35-10:05am	M-F	Jul 28-Aug 8	10c	\$47/\$67
37241	10:10-10:40am	M-F	Jul 28-Aug 8	10c	\$47/\$67
37242	5:10-5:40pm	M-F	Jul 28-Aug 8	10c	\$47/\$67
37243	10:10-10:40am	M-F	Aug 11-22	10c	\$47/\$67
37284	5:10-5:40pm	M-F	Aug 11-22	10c	\$47/\$67
37244	10:15-10:45am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
37245	10:15-10:45am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰

Level 6: Lifeguard Readiness

Skills taught/minimum completion requirements include: front crawl at least 200 meters; back crawl at least 200 meters; breaststroke at least 100 meters; elementary backstroke at least 100 meters; sidestroke at least 100 meters; butterfly at least 100 meters; various surface dives; Check-Call-Care principal; care for conscious choking victim; reaching and throwing assists; rescue breathing; treading water for at least 5 minutes; treading water kicking only for at least 2 minutes; compact jump into water from a height with rescue tube; various strokes on rescue tube; retrieve object from 13 feet of water; various assists and supports; spinal injury management techniques; Exit Skills 1 and 2.

Swim Complex: Lanes 3-4

Age: 6Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37246	4:00-4:30pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
37247	4:00-4:30pm	M-F	Aug 11-22	10c	\$47/\$67

Level 6: Personal Water Safety

Skills taught/minimum completion requirements include: front crawl at least 200 meters; back crawl at least 200 meters; breaststroke at least 100 meters; elementary backstroke at least 100 meters; sidestroke at least 100 meters; butterfly at least 100 meters; open and flip turns for all strokes; review all surface dives; HELP and huddle positions; tread water at least 5 minutes; tread water kicking only at least 2 minutes; retrieve item from 13 feet of water; survival float at least 5 minutes; back float at least 5 minutes; survival swimming at least 10 minutes; self-rescue techniques while clothed; basic safety rules for open water and boating; Exit Skills 1-3.

Swim Complex: Lanes 3-4**Age: 6Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37249	4:35-5:05pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
37250	10:10-10:40am	M-F	Jul 14-25	10c	\$47/\$67
37251	4:35-5:05pm	M-F	Jul 14-25	10c	\$47/\$67
37253	10:10-10:40am	M-F	Jul 28-Aug 8	10c	\$47/\$67

Level 6: Swimming For Fitness

Skills taught/minimum completion requirements include: front crawl at least 200 meters; back crawl at least 200 meters; breaststroke at least 100 meters; elementary backstroke at least 100 meters; sidestroke at least 100 meters; butterfly at least 100 meters; open and flip turns for all strokes; etiquette in fitness swimming; use of pace clock; use of pull buoy; use of fins; use of paddles; principals of setting up a fitness program; various training techniques; calculate heart rate; apply principals of water exercise; Exit Skills 1 and 2.

Swim Complex: Lanes 1-2**Age: 6Y - 16Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37254	4:35-5:05pm	M-F	Jul 28-Aug 8	10c	\$47/\$67
37255	10:10-10:40am	M-F	Aug 11-22	10c	\$47/\$67

Parent and Child Aquatics ♥**Parent Infant/Tot Aquatics**

For parents (one or both) and infants ages 6 months to 3 years. Emphasis is placed on water adjustment. NOTE: infants must wear plastic pants or aquatic diapers over/under their suits while in the water. SKILLS TAUGHT INCLUDE: Water adjustment and entry; bubble blowing; underwater exploration; front float, glide, and leg action; back float, glide and leg action; rolling over; and choosing/using life jackets. All skills require parent contact.

Swim Complex: Lane 11**Age: 6M - 3Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
36697	10:50-11:20am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36698	10:50-11:20am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36699	4:40-5:10pm	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36700	4:40-5:10pm	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36701	10:15-10:45am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36703	10:15-10:45am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36702	5:10-5:40pm	M-F	Aug 11-22	10c	\$47/\$67
37283	10:45-11:15am	M-F	Aug 11-22	10c	\$47/\$67

Parent/Infant Aquatics

For parents (one or both) and infants ages 6 months to 18 months. NOTE: Infants and tots must wear plastic pants over their suits or swim diapers while they are in the water. Emphasis is placed on water adjustment. SKILLS TAUGHT INCLUDE: water adjustment and entry; bubble blowing; underwater exploration; front glide; front kick; arm movements on front; back float; rolling over; rescue breathing and safety skills (parents). All skills require parent contact.

Swim Complex: Lane 11**Age: 6M - 18M**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
36686	10:10-10:40am	M-F	Jun 16-27	10c	\$47/\$67
36687	5:10-5:40pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
36688	5:10-5:40pm	M-F	Jul 14-25	10c	\$47/\$67
36689	5:10-5:40pm	M-F	Jul 28-Aug 8	10c	\$47/\$67

Parent/Tot Aquatics

For parents and tots age 1-1/2 to 3 years who have had the previous class or can do Parent/Infant skills. SKILLS TAUGHT INCLUDE: All skills listed for Parent/Infant Aquatics plus jumping in assisted and unassisted; back glide; arms and kicking on front and back; changing positions; getting out of the pool unassisted.

Swim Complex: Lane 11**Age: 18M - 3Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
36690	10:45-11:15am	M-F	Jun 16-27	10c	\$47/\$67
36691	4:00-4:30pm	M-F	Jun 16-27	10c	\$47/\$67
36692	10:45-11:15am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36693	4:35-5:05pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
36694	10:45-11:15am	M-F	Jul 14-25	10c	\$47/\$67
36695	4:35-5:05pm	M-F	Jul 14-25	10c	\$47/\$67
36696	4:35-5:05pm	M-F	Jul 28-Aug 8	10c	\$47/\$67

Pre-School Aquatics 1

For children ages 3 to 5 years old. Parent participation required. SKILLS TAUGHT INCLUDE: water adjustment; blowing bubbles; front and back floats and glides with support and kicking; alternate arm action in chest deep water.

Swim Complex: Lane 11**Age: 30M - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
36704	9:35-10:05am	M-F	Jun 16-27	10c	\$47/\$67
36705	11:20-11:50am	M-F	Jun 16-27	10c	\$47/\$67
36707	4:00-4:30pm	M-F	Jun 16-27	10c	\$47/\$67
36709	11:20-11:50am	M-F	Jun 30-Jul 11	9c	\$47/\$67
37274	10:10-10:40am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36712	9:00-9:30am	M-F	Jul 14-25	10c	\$47/\$67
36713	11:20-11:50am	M-F	Jul 14-25	10c	\$47/\$67
36718	11:20-11:50am	M-F	Jul 28-Aug 8	10c	\$47/\$67
37278	10:45-11:15am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36719	11:20-11:50am	M-F	Aug 11-22	10c	\$47/\$67
36720	11:25-11:55am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
37269	11:25-11:55am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰
37332	4:05-4:35pm	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
37333	4:05-4:35pm	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰

Pre-School Aquatics 2

For children ages 3 to 5 who have mastered all Preschool Aquatics 1 skills. Parent participation is required. SKILLS TAUGHT INCLUDE: water adjustment, fully submerge and retrieve objects under water; orientation to deep water; 10 bobs; turtle float 5 seconds; rhythmic breathing to side 5 times; unassisted front and back floats and glides 5 seconds; combined stroke on front with breathing to front or side 20 ft.; combined stroke on back 20ft.; rolling over and changing directions.

Swim Complex: Lane 11

Age: 30M - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
36726	9:00-9:30am	M-F	Jun 16-27	10c	\$47/\$67
36727	11:20-11:50am	M-F	Jun 16-27	10c	\$47/\$67
36731	4:35-5:05pm	M-F	Jun 16-27	10c	\$47/\$67
36732	9:00-9:30am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36733	11:20-11:50am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36736	5:10-5:40pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
36737	9:00-9:30am	M-F	Jul 14-25	10c	\$47/\$67
36738	11:20-11:50am	M-F	Jul 14-25	10c	\$47/\$67
36741	5:10-5:40pm	M-F	Jul 14-25	10c	\$47/\$67
36742	9:00-9:30am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36743	11:20-11:50am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36746	5:10-5:40pm	M-F	Jul 28-Aug 8	10c	\$47/\$67
36747	9:00-9:30am	M-F	Aug 11-22	10c	\$47/\$67
36748	11:20-11:50am	M-F	Aug 11-22	10c	\$47/\$67
36749	5:10-5:40pm	M-F	Aug 11-22	10c	\$47/\$67
36750	10:15-10:45am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36751	10:15-10:45am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36752	11:25-11:55am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36753	11:25-11:55am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰

Pre-School Aquatics 3

For children ages 3 to 5 who have mastered all Preschool Aquatics 2 skills. SKILLS TAUGHT INCLUDE: 15 bobs; bob to safety; jump into deep water and return to wall unassisted; kneeling dive; crawl stroke with side breathing 10 meters; back crawl stroke 10 meters; whip kick; reverse directions while swimming on front and back; tread water 15 seconds; swim on front and back with personal floatation device on.

Swim Complex: Lane 10

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
36754	9:35-10:05am	M-F	Jun 16-27	10c	\$47/\$67
37272	9:00-9:30am	M-F	Jun 16-27	10c	\$47/\$67
36756	4:35-5:05pm	M-F	Jun 16-27	10c	\$47/\$67
36757	9:35-10:05am	M-F	Jun 30-Jul 11	9c	\$47/\$67
36758	4:00-4:30pm	M-F	Jun 30-Jul 11	9c	\$47/\$67
36759	9:00-09:30am	M-F	Jul 14-25	10c	\$47/\$67
36760	9:35-10:05am	M-F	Jul 14-25	10c	\$47/\$67
36762	4:00-4:30pm	M-F	Jul 14-25	10c	\$47/\$67
36763	9:00-9:30am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36764	9:35-10:05am	M-F	Jul 28-Aug 8	10c	\$47/\$67
36766	4:00-4:30pm	M-F	Jul 28-Aug 8	10c	\$47/\$67
36767	9:35-10:05am	M-F	Aug 11-22	10c	\$47/\$67
36768	11:20-11:50am	M-F	Aug 11-22	10c	\$47/\$67
36769	4:00-4:30pm	M-F	Aug 11-22	10c	\$47/\$67
36770	4:35-5:05pm	M-F	Aug 11-22	10c	\$47/\$67
36771	10:50-11:20am	Sa	Jun 21-Jul 19	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36772	10:50-11:20am	Sa	Jul 26-Aug 23	5c	\$23 ⁵⁰ /\$33 ⁵⁰
36773	11:20-11:50am	M-F	Jun 30-Jul 11	10c	\$47/\$67
37273	9:00-9:30am	M-F	Jun 30-Jul 11	10c	\$47/\$67

I did not get a Carlsbad Community Services Guide in the mail.

The *Carlsbad Community Services Guide* is mailed to the households in Carlsbad. If you do not receive one, check with your mail carrier, or call a Community Center weekdays, from 8 am - 4 pm, and a **Guide** will be mailed to your house. You can also pick one up at our community centers.

Finished with this issue of the Carlsbad Community Services Guide?

Don't throw it away! Pass it along to a friend.
We rely upon our friends to help us spread the word about our programs.